

March is NC Egg Month on Local Dish

Eggs are so versatile we decided to bring you recipes this month for breakfast, lunch, snack, dinner and dessert. Did you know there is no nutritional or baking quality difference in brown and white shell eggs? It is the breed of the chicken that determines the color of the shell. The only time there is a nutritional difference in eggs is when the farmer adds additional nutrients to the feed and USDA has approved the increased nutrient claim through nutrient testing in labs. Those eggs are more expensive because the feed is more expensive. Eggs are worth every penny though because they are packed with protein and they help you to feel fuller longer, which can help you maintain a healthy weight. One large egg only has 70 calories. To find out more about eggs and our egg farmers go to: www.ncegg.org

Muffin Frittatas

6 eggs
½ cup milk
¼ tsp. salt
1/8 tsp. pepper
1 cup shredded Cheddar cheese
¾ cup chopped zucchini
¼ cup chopped red bell pepper
2 Tbsp. chopped red onion

Heat oven to 350 degrees. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about ¼ cup each.

Bake in 350 degree oven just set, 20-22 minutes. Cool on rack 5 minutes. Remove from cups; serve warm.

Lisa's Notes: These are great to bake the night before and refrigerate. Quickly re-warm in the microwave in the morning for breakfast on the go.

Egg Salad Recipe

6 eggs – Boiled and peeled
2 heaping tablespoons of Dukes Mayonnaise
1 teaspoon mustard
2 teaspoons apple cider vinegar
Salt and pepper to taste

Put the 6 eggs in a bowl and chop fine. Mix together the mayonnaise, mustard, and vinegar in with the eggs. Add salt and pepper to taste. You can serve with lettuce, tomato and your choice of bread. Recipe makes 2-4 sandwiches depending on how much egg salad you like on your sandwich.

To Hard-Cook Eggs: Place eggs in single layer in saucepan. Add enough water to just cover the eggs. Using high heat, bring eggs just to boiling. Immediately upon boiling, remove from heat, cover and let stand for 15 minutes for large eggs (12 minutes for medium and 18 minutes for extra-large.) Remove from water and place in ice bath or run under cold water.

Tip: Buy eggs that are the **oldest** in the store for easier peeling!!! Or buy them at least a week ahead of hard boiling and easier peeling.

Lisa's Notes: My mom & dad have been making this recipe for years. Egg salad is quick and easy when you want something great for lunch. Remember this recipe when you are fixing a cold plate (a scoop of chicken salad, tuna salad, and egg salad) or as a filling for deviled eggs.

Veggie Egg Spread

2 packages (8 ounce) low-fat cream cheese, softened
¼ cup low fat mayonnaise
1 envelope Ranch-style salad dressing mix
4 hard-boiled eggs, diced
½ medium sweet green pepper, chopped
½ medium sweet yellow pepper, chopped
1 cup shredded Cheddar cheese

Mix cream cheese, mayonnaise and salad dressing mix until smooth. Fold in eggs, green & yellow peppers and cheese. Cover and chill at least 2 hours.

Serve with fresh cut up vegetables – such as sliced cucumbers, carrots, celery, radishes, broccoli flowerets – or low fat whole grain crackers.

VARIATION:

Preheat oven to 350 F. Use 2 cans (8 ounce) refrigerated Crescent Dinner Rolls dough and pat into a lightly greased 15 x 10 x 1 inch jellyroll pan, pressing edges and perforations together to line bottom of pan. Bake bread for 7 to 8 minutes or until lightly browned. Cool.

Spread veggie egg mixture over crust in pan. Sprinkle with chopped tomatoes and additional cheddar cheese for garnish. Cut into squares to serve!

Lisa's Notes: This is a great snack or appetizer. Fix your veggie egg spread and all your veggie's on Sunday. Then you have a ready to eat snack for you and your family to enjoy during the week. When you have fruits and veggies ready to eat in the fridge (no peeling or chopping required) they are much more likely to get eaten.

Shrimp and Grits

Crust

2 cups water
Dash of white pepper
1 tablespoon onion, dried and minced
1/2 tsp. salt (winning recipe did not use salt)
¾ cup quick cooking grits
1 large egg, beaten

For the crust, preheat oven to 400 degrees. In a three-quart saucepan, bring water, salt, dried onions and white pepper to a boil. Slowly stir in grits. Return to a boil, and then reduce heat to medium. Cook for five minutes or until very thick, stirring constantly. Remove pan from heat. In a small bowl, combine a small amount of cooked grits with beaten egg. Add back into saucepan with cooked grits blending thoroughly. Spread grits mixture in bottom and up sides of a lightly greased pie plate. Bake in preheated oven for 20 to 25 minutes or until edges are lightly browned and crust is firm.

Filling

6 slices bacon, cooked and crumbled
1 cup shrimp, coarsely chopped
1 cup sausage, thinly sliced (Hillshire Farms Hot Smoked Sausage was used in the winning recipe)
½ cup onions, chopped
1 cup Swiss cheese, shredded
1 cup cheddar cheese, shredded
4 eggs, beaten
1½ cups half and half
2 tablespoons parsley, chopped
1 clove garlic, minced
1 teaspoon Old Bay Seasoning
½ teaspoon celery seed
Salt and pepper to taste

For the filling; sprinkle the bacon, shrimp, sausage, onion and Swiss and cheddar cheese over the crust. In a small bowl, mix eggs and half and half until combined. Add parsley, garlic, Old Bay seasoning, celery seed, salt and pepper. Pour egg mixture over crust and bake 55 to 60 minutes in a 350-degree oven. Cool 5 to 10 minutes before serving.

Lisa's Notes: Gail Fuller of Raleigh took home first place in the Incredible Edible Egg Quiche recipe contest at the fair last year. This is a delicious and unique twist on shrimp and grits. Serve for dinner with a salad and muffin for a perfect meal. I would recommend adding some cayenne pepper to the egg mixture for a little more heat and flavor.

Grandmama's Fun Cake

Basic Cake Layers

1 cup butter or margarine
2 cups sugar
3 cups cake flour, sifted
3 tsp. baking powder
½ tsp. salt
4 eggs
1 cup milk
1 tsp. vanilla
Food coloring – red, green, yellow

Cream butter then gradually add sugar, creaming until light and fluffy. Beat 10 minutes with electric mixer or longer by hand. Sift flour with baking powder and salt. Add eggs one at a time to creamed mixture, beating well after each addition. Add flour mixture alternately with milk and flavoring, beating after each addition until smooth. Divide batter (2 - 1/3 cups each) into 3 bowls. Add 4 drops of green food coloring to one bowl, 3 drops of red to another and 2 drops of yellow to the remaining bowl. Stir to combine. Pour batter into three greased and floured 9-inch layer pans. Bake at 350 degrees for 25-30 minutes. Cool in pans 10 minutes. Remove from pans and finish cooling on racks.

Butter Cream Frosting

1 8oz. package cream cheese, softened
1 stick margarine, softened
1 box confectionery sugar
1 tsp. vanilla

Cream together the cream cheese and margarine. Then gradually add the confectioners' sugar and blend until smooth. Add flavoring and beat until combined. Spread icing between layers and on the sides of the cake.

Lisa's Notes: This is great basic cake recipe. The layers bake up evenly and are easy to work with when icing. You can also add almond extract: 1 tsp. vanilla & ½ tsp. almond extract. Another idea would be to flavor the pink layer with raspberry flavoring, the yellow layer with lemon and the green with lime. My grandmother Bullock would make this at Easter and it was one of my favorite cakes!